



CITY OF BRYAN
Healthy Lifestyles

WORKSITE WELLNESS NEWS

VOLUME V, ISSUE V

JANUARY 4, 2013

SPECIAL POINTS OF INTEREST:

- **Employee Health Center Update**
- **Upcoming Blood Drive**
- **Upcoming CPR, First Aid & DDC Classes**

INSIDE THIS ISSUE:

"Bone Up" 2
in Advance
to Help
Prevent
Osteoporosis

Know Your 3
Benefits

Employee Health Center Update:

You have been receiving weekly email updates regarding the Employee Health Center schedule and will continue to do so until we select a permanent Provider for the Center. Here are a few reminders regarding the Center:

- Over the last few weeks, the Center has experienced a high volume of walk-in patients, which creates longer wait times and makes it difficult for scheduled appointments to remain on time. **For now, the Center will accept walk-in patients from 8-9:30am daily, although it is always best to call ahead.** The Center's phone number is 979-821-7690.
- We are approaching the end of our second year of clinical operations and as we move forward, it is important that we receive feedback from those who are using the clinic. If you have utilized the Center and have not already completed a short, anonymous survey, please do so by clicking [here](#).

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

January 28th

8am-3pm at the MSC

CPR & First Aid (renewal)

January 28th

3-5pm at the MSC



Defensive Driving

January 25th(en Espanol)

8am-4pm at the MSC

January 29th

8am-4pm at the MSC

To register contact Howard Hart at hhart@bryantx.gov or call 209-5056.

City of Bryan to Host Blood Drive

January 18, 2013

8:30 a.m.-1:00 p.m.

MOB Basement Training Room

If you would like to schedule an appointment, please email lbecker@bryantx.gov. Walk-ins are also welcomed!



**Each donor
gets a
t-shirt!**

“Bone Up” in Advance to Help Prevent Osteoporosis

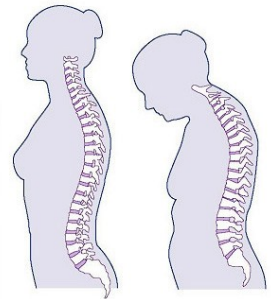
Tell a woman in her forties she needs to pay a lot more attention to her calcium intake and bone health, and she'll probably say something like: “Seriously? Any suggestions on how I’m going to fit that in with my career, teenaged kids, marriage, friends and a million other things?”

Fair question. But the truth is, bone health has a powerful, direct influence on every other aspect of life. It’s especially critical for women at the mid-life point. Good bone health is built on a foundation of diet and exercise in youth and early middle age.

Osteoporosis is a disease in which bones — which reach peak mass in our thirties — gradually weaken and become more likely to break. It typically becomes noticeable in the sixties and seventies, yet also can occur decades earlier.

Men and women both suffer from osteoporosis, but it’s about four times as common in women. About 2.7 million people have osteoporosis or low bone density. This number is certain to increase as the state’s population ages.

Osteoporosis is not only the most immediate cause of visible “frailty” and reduced height in later life but also a source of chronic pain and risk of fatal injury. One common result of osteoporosis is hip fracture, which kills nearly as many Americans each year as auto accidents.



Even the less dire outcomes are still serious enough to make osteoporosis a major concern. For millions, the disease forces permanent changes in lifestyle, earning capacity and ability to enjoy their leisure time.

Fortunately, much of osteoporosis’ damage can be prevented or limited by knowing when you’re at risk and making appropriate lifestyle changes.

Risk is particularly high for older women, smokers, heavy drinkers, people with a family history of the disease, women with low estrogen levels, men with low testosterone levels, physically inactive people, small-framed individuals and people taking steroidal or anticonvulsant drugs.

Osteoporosis often can be prevented if bone loss is detected early. If you have more than a couple of the common risk factors, see your physician. Your doctor may recommend that you have a bone density test, which measures the bone mass in your hip, spine or wrist.

If you already have osteoporosis, you still can live actively and comfortably by eating a high-calcium diet and starting a program of weight bearing exercise such as walking, dancing and stair climbing.

Even though there’s no cure for osteoporosis, its progress can be slowed or even stopped. Recommended treatments may include calcium supplementation and vitamin D. Ask your doctor for guidance before taking supplements or dramatically changing your diet.

Remember, bone is growing tissue that constantly regenerates. With good advice from your physician in early middle age, you can greatly reduce your odds of becoming frail before your time.

Article shared from Texas Health Matters, a Texas Health and Human Services Publication

Know Your Benefits

Here are a few reminders if you made benefit changes for 2013...

If you enrolled in any of the benefits below, you will receive the following:

High Deductible Health Plan (HSA)

- Blue Cross Blue Shield Card
- Enrollment packet from ACS/BNY Mellon Bank HSA Solutions (must be completed and mailed back to Mellon Bank before any funds can be deposited)

New Blue Cross Blue Shield Members

- Blue Cross Blue Shield Card
- Prescription CVS Caremark Card

Superior Vision

- Paper card

Flexible Spending Account

- Those enrolled by December 5, 2012 will have funds available January 1, 2013
- Late enrollment funds and/or new cards will not be available until after January 11, 2013

Unum Voluntary Policies

- Accident & Critical Illness enrollees will receive a copy of each policy

If you have any questions, please feel free to contact Flo Galaviz at 979-209-5053 or email fgalaviz@bryantx.gov.



Have a safe, happy and healthy New Year!


CITY OF BRYAN
Employee Health Center

Open Monday-Friday 8am-5pm
(closed from noon-1pm)

*last patient accepted at 11:30am and 4:30pm daily, walk-ins
accepted from 8-9:30am daily

Remember: all clinic closings are posted at

http://www.bryantx.gov/wellness/?page_id=539

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all
employees, dependents and
retirees on the City's health insurance plan.

If you have wellness news to share with others
and would like to have it spotlighted in our next
newsletter, please feel free to submit it to:

Lesley Becker
Wellness Coordinator
(979) 209-5050

lbecker@bryantx.gov

www.bryantx.gov/wellness

Copies of this newsletter are available in
Risk Management.